

Traditional Foods and Sustainable Ecological Approaches for Health Promotion Focusing On Community Effects

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Abstract: This paper formats a review over the traditionally-positioned, sustainable, evaluable traditional foods to diabetes prevention, integrating a focus on community efforts to recoup traditional foods and physical activity in local communities. Also the Ecological approaches made over some healthy traditional ways shared in local communities are described. The ways to reclaim traditional ways of health by harvesting local, traditional foods will increase an access to traditional and ecological activities of local communities. The nutritional benefits of traditional foods, healthy diet can pave way to maintain a sustained ecological community. A profound analytical technique is placed to view the range of health promotion in communities with various probability distribution phenomena with appropriate sampling functions. This analysis can prove an effective improvement in utilizing traditional nutrients and diet maintenance for modern civilization community. The models are built on the basis of sampling techniques and various samples are executed using optimal probability distribution functions and the values are charted. The incremental fluctuation in the curve depicts the profound effect and impressive actions made over the communities by traditional diet approaches. The slope of the curve shows the rate of health promotion activities and effective diet control range.

Keywords: Traditional Foods, Food security, indigenous people.

Introduction

This paper describes a study aimed to enhance the nutrition and health status of Local communities through the promotion of key aspects of the traditional food system and culture. The study was raised on preliminary research and increasing the production was concentrated along with accessibility knowledge and use of nutritious traditional foods. Monitoring of the field shows that the community promoters were efficient in transmitting the nutrition messages. Energy was provided by locally produced or caught foods giving only a little rather than, market foods shares a greater percentage in energy sharing which was evaluated both in baseline and final evaluations. Although there was deviation in average mean energy and nutrient intakes which should be measured very nearly to recommend for daily intakes of traditional diet foods. The traditional food information's and derivative knowledge about them is analyzed to promote a healthy future among Inuit is discussed in [1]. The analysis formed the baseline for distinguishing the families post-intervention, found that knowledge about traditional foods, value and access to them had increased, with the traditional food diversity score increasing significantly. [2] Gives an elaborate knowledge about the sustained and integrated promotion of local, traditional food systems for nutrition security of different communities along with healthy benefits. The Parent Involvement is considered to be a grace path to rise up Children's Health Promotion, which was analyzed by The Minnesota Home Team [3]. Women's energy inhalation and traditional nutrients were generally lower than recommended in modern ecological community. An ecological Perspective view on the cultured health promotion programs in motive of health trade benefits was analyzed in [4]. The energy level consumption through protein and fat increased significantly in children should be promoted from usage of traditional foods. Also promotions of traditional foods pave a clean flow stream to improve the nutrition and health of the Awajún of the Cenepa River in Peru was discussed in [5]. Increased amounts of meat by hunting and fish contributed to this undistorted flow stream. Sustaining the traditional foods considerably improve the health trade benefits in a community for a long span that continues throughout the hereditary [6]. Health disparities and concerned promotion in Indigenous Peoples' health through traditional food systems and self of a community was counselled in [7].

Theoretical framework

The unique aspects of the nutrition transition in South Korea region and the retention of healthful elements in their traditional diet is discussed [8]. The Changing of face of functional foods is analyzed in [9]. There should be well expressed improvements in local community by infant feeding determinants, especially in the complementary foods given as traditional dietary. Determinants of Healthy Eating were discussed along with unique health features of traditional foods in [10]. In spite of these dietary improvements, high prevalence of childhood stunting did not change much in a community, which was being influenced by

regional infections.

There are an estimated 370 million indigenous people worldwide, with considerable cultural diversity as discussed in [7]. However, one common thing is that indigenous peoples felt with prolonged disparities across all dimensions of Health indicators vary widely. The way to understand the hiding causes of these disparities integrates a question to find current relationship of indigenous peoples to the larger society. While the social determinants of health by using traditional foods are now widely appreciated, for indigenous peoples determinants of health take on the additional dimensions of assaults on “indigeneity”, including colonization and disassociation from their land, cultural and linguistic heritage and even families – when there has been forced residential schooling. In these situations, self-esteem and individual and group identity and self-determination have been eroded. The end result of these collective assaults on “indigeneity” is profound and far-reaching, and contributes to the wide gaps in indigenous health and well-being as in [7].

Methodology for Health Status Scrutiny

The baseline evaluation should be performed in destination communities and neighbourhood communities and the final evaluation is in all the concerned respective communities to by the evaluation teams. The base-line evaluations and the final evaluations intrude the following source of information to complete the analysis:

- Traditional raw food quantity and quality determinant value,
- Socio-demographic characteristics of the targeted community and related neighbourhood community,
- Current and past health information about targeted community,
- Traditional food security value
- Traditional food insecurity and hunger module.
- Consumption frequency of complete traditional foods used in the targeted community,
- Nutritional value of the traditional food system.
- Dietary intakes of the targeted community,
- Physical activity of shortlisted people, using a short version of the international physical activity
- Anthropometry measurements

Considerable advantages are viewed to this study which depicts following points in decisions. Health and nutrition promoters had variable success in transmitting activities and messages to the project communities. However, the wide access to communities in the remote area is very difficult and expensive. This consideration doesn't have any vital importance because the remote communities are well equipped with traditional foods and diets. Although this paper included home, food and personal hygiene information, it did not cover the evaluation or treatment of parasites and illnesses. Future interventions should include more on health problems, including water quality and quantity access. Multiple diseases were evaluated leached with the analysis that includes a control group, which exposes the validity of the results. The small sample size in the final evaluation and the inclusion of some of the same families as in the baseline also limited the value of the results.

Proposed Work Algorithm

The proposed work is depicted as in the algorithm they include various process estimation which follows the geographical, cultural and nutritional character evaluation is conducted in the local community. After that health and nutritional status is estimated through proper data Scrutinization. Selection of a demonstration program is performed based on the project work line and the analytical work to be performed. Following this a traditional base case is established in order to continue the analysis. Planning about workshop to develop activities like monitoring, evaluation and data analysis is performed by selecting appropriate test factors. Considering several factors in action logical data estimation and Scrutinization is performed and distinct data about traditional food activities is analyzed. Base line evaluations is executed first and secondarily final evaluations were performed and that shows the dynamic values of nutritional status of concerned local community. Currently this methodology was followed for data analysis which produces the result as shown in table 4.1. the base line values and the final evaluation values are estimated with proper determination of traditional diet with its usage and absence.

Data Analysis

Different inductive questions were explored for analysis because it contains several observations and patterns related to food security and well context traditional food quest. Some questions were: what is your opinion about the important advantages of traditional food? Do you noticed any recent changes in the quality of traditional food, fish, meat or birds? Do you think that there is any traditional food is good for health? Say about your favorite traditional food ?. In a separate section of the interview, the participants were asked to agree or disagree with or have no opinion about traditional food attributes. The attributes are listed out

by the chiefs or the leaders of the community. For analytical purpose, the participants were split into different groups and categorized by age. The author coded the responses for the open-ended questions and along with the reviewer examined the categories to offer an alternative perspective regarding classification of data. Chi-square test was applied to the participants. Some questions were not analysed by region. For example participants favorite traditional food were not analyzed because availability of animals and plants differs from different region. Completion of analyses was done by using the version 6 of Epi Info with $p \leq 0.05$ indicating statistical significance.

Table. 4.1. Nutrient and health status values in local community

	WITHOUT TRADITIONAL DIETS		WITH TRADITIONAL DIETS	
	Base Line	Final	Base Line	Final
Energy	72	62	70	91
Protein	53	54	58	73
Vitamin A	150	113	193	226
Ascorbic acid	331	287	424	503
Thiamin	54	44	42	80
Riboflavin	129	84	125	133
Folate	48	32	43	54
Iron	27	24	5	22
Zinc	50	76	61	96
Calcium	41	23	21	36
Protein	53	54	58	73
Vitamin A	150	113	193	226
Ascorbic acid	331	287	424	503
Thiamin	54	44	42	80
Dietary Characteristics				
% energy from protein	5.9	5.3	7.6	6.1
% energy from fat	5.2	4.3	5.8	7.2
% energy from carbohydrates	92.3	93.6	91	87.6

Conclusion

Coordination of local community organizations were considerably effective, the communities as setting a good example to follow, especially the research agreements and delivery of reference material on local traditional foods prior to project commencement. The project provides an increased consistency of messages and activities relating to traditional foods and nutrition in the local tribe community, and would also have facilitated the incorporation of health promotion into an integrated approach that included the treatment and prevention of illnesses in addition to the project's hygiene, nutrition and local food production components. The project's community nutrition and health analysis were committed and involved in the project, and rapidly grasped information about local and traditional foods through the practical sessions on food selection and preparation. The analysis is a key in assuring continuity, assisting project implementation in the communities, and monitoring activities of implementation of traditional food dietary functions. Traditional foods is the emerging topic in the food industry in current scenario and will follow as a leading trend for health-consciousness, and rich growth aspects prevail in the quest for wellness following with appropriate traditional diets.

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